



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

May 18, 2016

Mary S. Erickson, Hearing Officer
Missouri Department of Insurance, Financial Institutions and Professional
Registration
Harry S Truman State Office Building
301 West High Street, Room 530
Jefferson City, MO 65101

Dear Ms. Erickson,

It has been my absolute privilege to serve Kansas City in my current role of President and CEO of the YMCA since 2010. Over the years, Humana has been a great partner to the Y in helping us strengthen the community and in particular deliver healthy living programming, so it is my pleasure to endorse Humana's efforts to strengthen its overall capacity to health and well-being by teaming with Aetna.

The seventh YMCA in North America was launched in Kansas City, Missouri in 1860. It was organized to provide a safe refuge for young men coming to the big city to work to help them from falling victim to the negative influences more commonly found in urban areas. The Y's mission has evolved over the years to address the social determinants of the day, but what remains constant is the organization's commitment to strengthening community. The key focus areas of the YMCA are youth development, healthy living and social responsibility.

In 2015, the Kansas City Y served more than 125,000 individuals through membership and programs offered at 14 membership centers and over 100 program sites. This includes over 6,100 school-age children that participated in enrichment programs in our before/after school programs, over 1075 children ages birth-5 enrolled in our infant/toddler or preschool programs and getting ready for kindergarten, more than 5500 children that learned lifesaving water safety and swimming skills in our pools, more than 1,000 athletes of diverse abilities that participated in adaptive sports and social events, and over 2,100 children that made friends and developed self-confidence in day camp last summer.

Within each of the three key focus areas, the YMCA of the USA has developed signature programs to address critical needs threatening the foundation of community. Chronic diseases like diabetes and the related risk factors, including obesity have reached epidemic status and are already costing the national economy billions in terms of higher medical costs and reduced productivity. The YMCA's Diabetes Prevention Program is the signature program within the Y's Healthy Living Framework. It offers an evidence-based lifestyle intervention that is proven to be effective and was recently incorporated into the Centers for Medicare and Medicaid as a program that Medicare will begin covering.

The Humana Foundation was critical in helping the Kansas City YMCA to be one of the first associations to scale the YMCA Diabetes Prevention Program, launching in 2014. Since inception, 27 classes have launched with more than 200 people enrolling. As of the last quarterly analysis of participant data available for people that had completed the 12 month program, their average percentage of weight loss was 5.8%

As a result of the Humana Foundation's continuing support, the Kansas City Y has been able to conduct media and community outreach to make more people aware of prediabetes and the Y's prevention program, hire culturally competent lifestyle coaches that speak multiple languages, offer financial assistance to make the program accessible to those that cannot otherwise afford it and offer the program in community spaces outside of our typical facilities.

The Kansas City Y has partnered with local universities, faith-based organizations, the business community, and community health workers to conduct screenings and develop effective referral pathways to avoid duplication of services. We have also cooperated with local coalitions focused on creating statewide plans for chronic disease prevention to leverage additional funds to support local efforts and reduce duplication of services. Our YMCA Diabetes Prevention Program Director meets regularly with the Humana Foundation team to share learnings with other grantees focused on prediabetes.

The Humana Foundation and Humana have partnered with the Kansas City Y to sponsor events focused on increasing access for children with disabilities to activities that help them lead healthy and active lives. Humana has been a lead sponsor for the Y's Challenger Program for several years and Humana employees have participated as "buddies" providing one-to-one support for Challenger athletes.

The Y is grateful that Humana is supportive of their corporate leadership giving time and talents to serve in volunteer leadership positions within the nonprofit sector. Jeremy Gaskill with Humana has served on the Kansas City Y's governing board for several years as well as participating on numerous board committees.

It is obvious that the Y and Humana share a mutual interest in strengthening Kansas City. The Y is pleased to endorse Humana's efforts to strengthen its overall capacity to health and well-being by teaming with Aetna.

BLESSings,

A handwritten signature in black ink, appearing to read 'David Byrd', with a stylized flourish at the end.

David Byrd
President/CEO
YMCA of Greater Kansas City